

Teacher's Department

HELPS, HINTS, PROBLEMS

Prof. C. D. Lewis and Prof. E. C. Seale, Editors

Talk With Teachers, No. 4.

By Prof. C. D. Lewis.

A teacher once asked me, "What according to your experience is the most poorly taught subject given in the public school course?" and I am still hunting for an answer to the question. Each branch in turn seems to be the one, as a person thinks over his experience. Arithmetic, Geography, Language, are certainly strong candidates, but I shall cast my vote at this time for reading and devote a short space to discussing the subject.

My chief reason for believing as I do is that the schools fail to make readers out of the pupils. The mere ability to read is of but very little use. The fact that a farmer has a plow and horse in the barn or an ax at the wood pile does not always mean that there will be a well tilled field or wood for the wife to get dinner with. These tools must be used before they become of value.

I find many teachers who can read fairly well but who are very hard put to it to name three books which they have ever read. Can any one wonder that parents keep their boys and girls at home to work when you are teaching them a subject which is practically useless to you? I would not teach my own children to read if I thought they would make as little use of the art as many school teachers do.

If you do not have some good book in your possession now which you are reading borrow or buy one at once and begin reading. If you do not you are as blind to your own interests and duty as the man who has a farm and team and tools and begs for bread. Begin by really reading the reading lessons which you are supposed to teach your pupils. Read them silently, read them aloud, think of what they contain, enjoy them, and then you can really teach them. Up to the fourth grade the reading lesson is very largely a mechanical

exercise on the part of the child. You must give the thought and the interest while the detail of word recognition, punctuation, pronunciation, are being mastered. After that time the art of reading should be so well in hand as to become a means of gathering thought and obtaining pleasure.

Many of the Fourth Reader lessons are fine literature if they are but understood and taught by the teacher.

Next week I will take up a lesson or two from the book and try to bring out the essential points in teaching it.

It would be a great help if interested teachers would drop me a card suggesting what lesson be taken.

HARD PROBLEMS

Following is our problem for the week. All subscribers may send in their solution, and the best will be printed three weeks from this issue. Also the names of all sending in correct solutions will be printed. Try your hand. It is not so easy as it looks.

PROBLEM NO. 4

What is the largest cube which can be cut from a sphere 3 inches in diameter?

AN ANSWER TO NO. 3

PROBLEM:—How many feet of inch board (board measure) will be required to make a cubical box complete with lid if the box contains one gallon liquid measure?

Since one gallon (liquid measure) contains 231 cubic inches, a cubical box equivalent to 231 cubic inches would be:

6 9-64 in. x 6 9-64 in. x 6 9-64 in. This would require the following:

2 pieces 6 9-64 x 6 9-64 inches (ends) . . . 75 sq. in.
2 " 6 9-64 x 6 9-64 " (sides) . . . 100 " "
2 " 6 9-64 x 6 9-64 " (top and bottom) . . . 133 " "
Total . . . 308 sq. in.
308 divided by 144 sq. in. equals 2 ft. 2 in. Ans.

Submitted by J. B. Richardson, Big Hill, Ky.

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DEPOT STREET.

GOTT BROS.

SOLID FACTS ABOUT TOBACCO

The question whether the use of tobacco results in bodily injury or not has been long discussed from both sides. It is well known what grounds Berea College has taken upon this question, forbidding entirely the use of tobacco. Recent testimony upon the evil effects of tobacco has been furnished as the result of observations made at Yale and Amherst.

A record of the users of tobacco has been kept at Yale for the past eight years, for the main purpose of determining the number of men who began the habit while in college, and, from the uniformity of the records, considerable confidence has been felt in the results obtained.

If this growth be expressed in the form of percentage, it will be seen that in weight the non-users, increased 10.4 per cent more than the regular users and 6.6 more than the occasional users. In the growth of height, the non users increase 24 per cent more than the regular users and 12 per cent more than the occasional user. In the growth of chest girth, the non-user has an advantage of 22 per cent, but in capacity of lungs the growth is in favor of the non-user by 75 per cent when compared with the irregular users.

It has long been recognized by the ablest medical authorities that the use of tobacco is injurious to the respiratory tract, but the extent of its influence in checking growth in this and in other directions, has, I believe, been widely underestimated.

Dr. Seaver's conclusions in regard to the dwarfing effect of tobacco are fully corroborated by the following statement by Professor Edward Hitchcock, M. D., of Amherst College, more recently published:

The matter of tobacco smoking as an influence upon the physical development of Amherst students has been studied in the history of the cases of 91. Of this 71 per cent have increased in their measurement and tests during their whole course, while 29 per cent have remained stationary or have fallen off.

In separating the smokers from the non-smokers, it appears that in the item of weight the non-smokers have increased 24 per cent more than the smokers; in height they have surpassed them 37 per cent, and in chest girth 42 per cent. And in lung capacity there is a difference of 8.36 cubic inches (this is about 75 per cent.) in favor of the non-smokers,

which is 3 per cent of the total average lung capacity of the class.

Here then is scientific demonstration that the use of tobacco checks growth in weight, height, chest girth, and most of all and most damaging of all, in lung capacity.

If this be true of young men so nearly grown as are college students, what must be its effect on younger boys? Their growth ought to be much more rapid in proportion, but their undeveloped organs cannot so well resist the influence of this poison, and they must be dwarfed and stunted far more than those who are older. Many imagine that it is "manly" to use tobacco. Instead it hinders the growth of the user in all that goes to make a man.

ENOUGH SLEEP FOR CHILDREN

Jean Williams, M. D., who is conducting a department of advice to mothers for Woman's Home Companion, says in the October issue:

"Let me say a few words to the mothers who forget that their growing children need long sleeping-hours, in order that healthy growth shall be continued and a well-organized nervous system become established. It is especially important that good judgment shall be exercised during puberty. Great physical demands are made at this period, and the wise mother makes every effort to avoid for her children unnecessary dissipation of energy."

"It is not easy to state definitely the number of hours of sleep required, as there are individual requirements that will materially modify any rules; still we may safely say that in the great majority of cases after early infancy, when the normal child sleeps most of the time, at least twelve out of the twenty-four hours should be spent in sleep. Until six years of age the daily nap should be added to this. The twelve hours of sleep should continue until the tenth year, and longer if the child is delicate or of especially sensitive nervous organization. From ten to fourteen years ten hours of sleep are usually required, and often twelve would be advantageous; from fourteen until full maturity the sleeping-hours are as a rule, more irregular than at any other period of life, and then the effort must be made to compensate for the short hours by longer indulgence when opportunity offers, remembering that few have the endurance to cope with the complexities

of modern life and thrive on less sleep than a daily average of eight hours."

OUR WESTERN TOUR

(Continued from First Page)

go into some bays, one inlet being three miles long our rail measures 72 miles. Lake Tahoe is 6,000 feet high, up in the Sierras, with mountains around it having peaks from three to five thousand feet higher, some of them still showing the snow of last winter. For a part of the day we were in California and for a part we were in Nevada. Some of the Boreans have heard an illustrated lecture in which the wonders of Tahoe were eloquently set forth. They will think of it as being land-locked with a surface of glassy smoothness, and of unmeasured depth. I must add a supplement to that description by saying that, although 2,000 feet deep in places, it is much shallower near the shore and there is anxiety lest it be unpleasantly reduced. For it has an outlet, the Truckee River, and the United States is now constructing a staunch dam at the lake's outlet to prevent the flow of water from deepening the channel and thus robbing the lake. I may say further that while in the morning there was hardly a ripple, except those made by our boat before we came around the starting point two ladies were lying on the deck prostrated by sea-sickness. But on the whole I never expect to have a more delightful boat-ride. The profound depths are a beautiful blue; and basing my figures upon this appearance, with what I know of the depth, I should say that Lake Tahoe consists of about fifty cubic miles of blue ink. But near the shore, where the depth is not more than a hundred feet, the hue is an emerald green, and the line of division seems clearly drawn. The colors added to the surface by way of further ornament, as one looks at the edge of the wavelets caused by the vessel or any on the surface, either from or toward the sun, include a matted red, a dark purple, and a silver sheen.

My topic does not call for a mention of San Francisco—the stricken city. But this is the time for a passing notice. Of course it has not recovered from the terrible earthquake and more terrible fire of three years ago. Some of the sidewalks are still broken and ragged or replaced by temporary wooden ones. Hundreds of business lots still show nothing but the ruins marking that fateful April of 1906. In some places the depleted capital of lot owners permitted the erection of low buildings only in the place of higher ones. But the wonders is that so much has been done in so short a time. Many of the edifices are far better than the old and it is no stretch of imagination to think of the future San Francisco referring to the fire as a blessing in disguise. One of the delightful features of our trip has been the meeting here with Herman Murphy and Ella Mackey Murphy, Berea students of a quarter century ago, and their happy family of seven children. They have an elegant home in Berkeley, which city and Oakland possibly will in due time help form the Greater San Francisco. Mr. Murphy is a prosperous real-estate man in the great city. He has helped us to see the Golden Gate, the Presidio Cliff House, Seal Rock, Golden Gate Park and other objects of interest. This and other kindness of himself and wife will be held in loving remembrance.

Sept. 20, 1909.

LeVant Dodge

LEGISLATIVE METHODS

An exposure of the methods employed by the liquor people to control the next legislature.

The liquor classes have had a high-priced man out in the state for the last twelve months. He has been quietly at work among the politicians to get men nominated that his masters can use. There has been no mention of him or his visits in the papers. Like Jack, the Giant Killer, he has worn an invisible cloak and been shod with the shoes of swiftness. Talk of gum-shoe politicians! They are not a circumstance. The most silent of them has been as loud as near thunder in comparison. He has seemingly gone into cellars with his fellow-conspirators and putting a horse-blanket over their heads, has they whispered his secrets. It is not hard to guess what kind of an "argument" he has used. Together they have usually found some man who was willing to make the required promises. Then the wire-pulling started to secure his nomination. About every known subterfuge and political trickery has been resorted to. When the smoke of battle has cleared away, the decent people in the party have been astonished that such a man got the nomination. These decent people are humiliated beyond measure, and are vowing that they will not vote for such characters. Many of them are entirely in the dark as to how it was done. If they can get at the true inwardness of the game, they will find the above

to be the explanation. From now on until November 2, these good men will be dragged into voting for the party nominee. The party whip will be ruthlessly applied. Being ignorant of the dark conspiracy, they went into the nominating meeting and fought for good men but were defeated. Now they will be told, "You went into that meeting, your man lost out, now you must vote for the party's nominee. You are in honor bound to do so. May be he is not the man you wanted, but vote for him you must, or be a traitor." Changes will be rung on these words until November 2. Some of these nominees they would not trust for a pound of coffee, much less to make laws. They feel humiliated, disgraced and tricked to the last degree. To vote for them would outrage their consciences. They would have to put a clothes-pin over their nostrils; the odor is too rank.

The liquor people or some of their fool friends who have more tongue than brain are openly bragging of their success. They are hereby thanked for their loquacity. They are saying they already control the senate. They boast that not only shall the county unit bill be blocked, but that the last county unit law shall be repealed. Our friends must know and face the gravity of the situation. There is yet time to circumvent the machinations of the enemy. In every constituency where unworthy men have been nominated by these dishonorable means, the preachers should bestir themselves, call meetings at the county seats, invite the leaders of thought and action into council. Find out whether the man on the other ticket is trustworthy. If he is, swing him. If both are equally bad—and that has been the design of the liquor people—put out a good man on another ticket. Get on the stump. Tell the Christian gentlemen of the trickery and deceit practiced on them. We cannot believe the people of Kentucky will stand for such contemptible work.

The supreme question of the hour is how to meet the situation. We advise our friends in all legislative districts where there is any doubt of the nominees or candidates to write a once to the chairman of the Legislative committee of the Anti-Saloon League, 45 Kenyon Building, Louisville, Ky., for advice.

There is no time to lose. The liquor men have kept their secret all too well. It was only in a county that is regarded as overwhelmingly wet that it did leak out. There will be some swear words used when the liquor men know their carefully guarded plans have been prematurely blabbed. If anything effective is to be done it must be done at once. It will be folly to bombard these whiskey senators and representatives with petitions, telegrams and letters when they are once

elected. They will simply laugh at you as they did last session. You may vow that these men shall never be re-elected. What good will that do? If the liquor traffic can get another two years' lease of power it will be that much to their profit. In the mean time, how many men will go to the judgement? How can we bear to see our state at the tail-end of the procession in the temperance movement?

States all around us are smiting the traffic hip and the thigh, and we shall either be standing still or retrogressing. That is no occupation for a militant church. If the liquor men fulfill their proud boast, the ninety-six counties now dry will be placed in jeopardy.—The American Issue.

Life's Blessedness.

The blessedness of life depends more upon its interests than upon its comforts.—George Macdonald.

Swinburne and the Cabman.

In his youthful days Swinburne had a quarrel with a cabman over his fare. The cabman abused the poet mercilessly. Addressing him Swinburne said: "And may I invite you to descend from your perch and hear how a poet can swear?"

Professional Relics.

Doctor (to lawyer going through the Medical museum)—"Your profession does not offer any opportunity for the collection of professional relics." Lawyer—"I am not so sure about that. I have a unique collection of family skeletons at my office."—Puck.

THE MARKET

Berea Prices

Cabbage, new 2c per lb.
Potatoes, new 8c. per bu.
Eggs per doz. 18-20c.
Butter per lb. 15c.
BACON—
Salt side, 12½c.
Breakfast Bacon, 15c.
Premium Bacon, 22c.
HAMS—
Country, 16 2-3c.
Premium, 16c.
Fryers on foot 16c. per lb.
Hens on foot 10c. per lb.
Feathers, per lb. 25c.
Hay, \$12 per ton.
Corn 80c. per bu.
Wheat per bu. 60c.-\$1.00.
Cracked corn \$1.95 per 100 lbs.
Wheat screening \$1.30 per 100 lbs.
Ship stuff \$1.30 per 100 lbs.
Ties, No. 1, L. & N. 8½x7x9, 45c; culls, 20c.

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Louisville, August 17, '09.

CATTLE—
Beef steers and fat heifers 3 15 5 45
Cows 3 10 4 55
Cutters 1 80 3 15
Canners .70 2 00
Bulls 1 80 4 05
Feeders 3 30 4 65
Stockers 2 05 4 30
WHEAT—No. 2 red \$1.06, No. 3, \$1.
OATS—New No. 3 white 42c. No. 2 mixed 40c.
CORN—No. 2 white 73½c. No. 3 mixed 75c.
RYE—No. 2 Northern 80c.

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Now, there is only one way that you can get a Mother's Oats Fireless Cooker, unless you want to go to a store and pay \$3.75 for it, and that is by being a user of Mother's Cereals, the best cereals, prepared in the largest mills, and sold everywhere by the best dealers in every town. In every package we place a coupon, and when you have 125 coupons we'll send you the \$3.75 Fireless Cooker for nothing. If you want a Fireless Cooker in a hurry, you can either buy ten packages of MOTHER'S OATS or any other Mother's Cereals, and get the Cooker immediately by paying \$1.15 in cash or upon the following basis:

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8 packages of Mother's Oats, standard size
2 packages of Mother's Yellow Corn Meal
1 package of Mother's White Corn Meal
1 package of Mother's Wheat Hearts
1 package of Mother's Corn Flakes (Toasted)
1 package of Mother's Old-Fashioned Steel Cut Oatmeal
2 packages of Mother's Granulated Hominy
2 packages of Mother's Coarse Pearl Hominy

This Kit can be purchased at your grocer's or simply paying \$1.95 (a little more at distant points).

The grocer himself will either redeem your coupons and deliver the \$3.75 Fireless Cooker, or, if you so desire, send the coupons and 89c directly to us and we will ship the cooker to you, express collect.



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